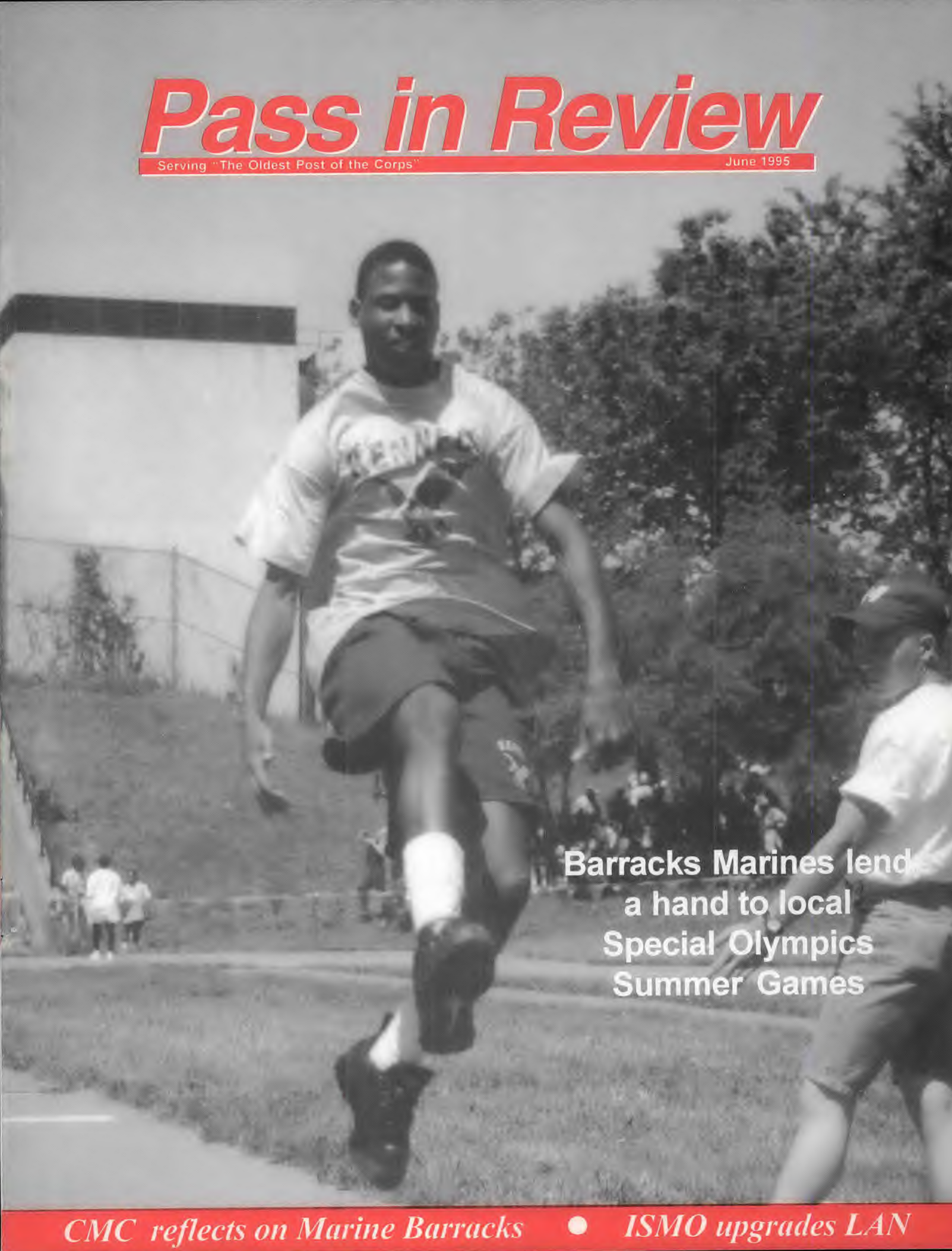


Pass in Review

Serving "The Oldest Post of the Corps"

June 1995

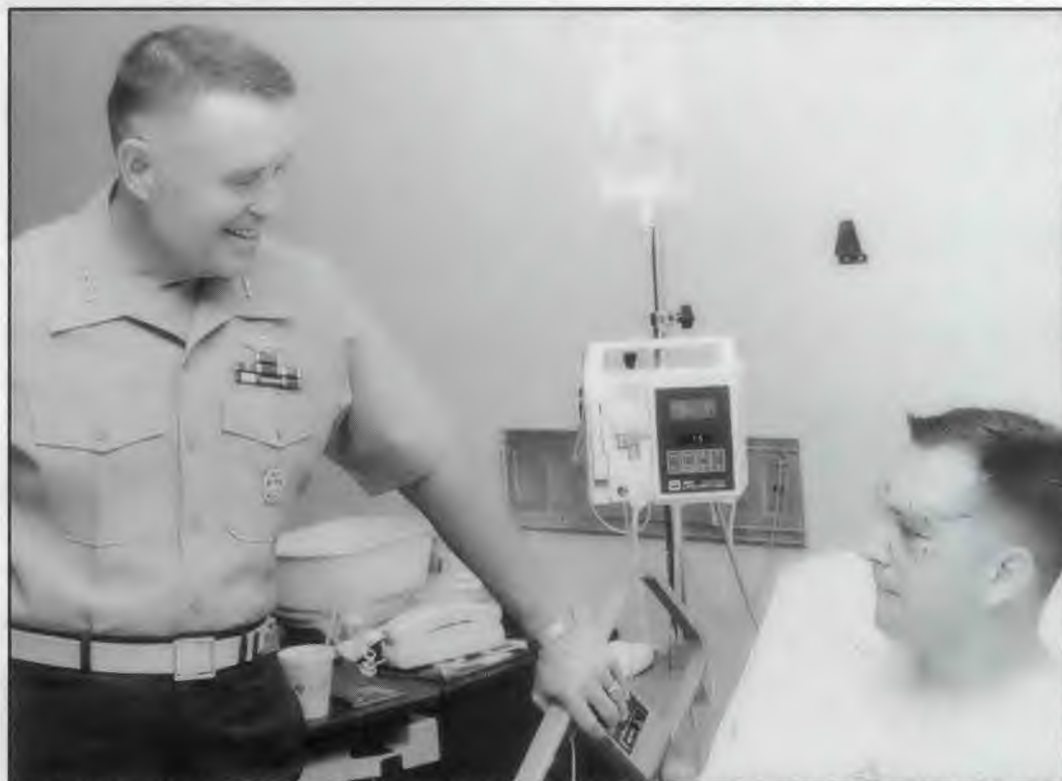


**Barracks Marines lend
a hand to local
Special Olympics
Summer Games**

CMC reflects on Marine Barracks

● *ISMO upgrades LAN*

This view shows the missing operations section, which was totally destroyed during an April 19 bombing of the federal building in downtown Oklahoma City, Okla. The recruiting station served as headquarters of Recruiting Station Oklahoma City for more than 50 Marine recruiters.



Capt. Michael L. Norfleet, 29, the RS' officer selection officer, is visited by Gen. Carl E. Mundy, Jr., Commandant of the Marine Corps.

The day after: scenes from Oklahoma City

***Official USMC
photos by Sgt.
Brandon K.
Haught, Public
Affairs Noncom-
missioned Officer,
RS Oklahoma City,
Okla.***

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On the Cover

An Olympiad takes a big step prepping for the long jump event during the Special Olympics Summer Games held recently at Coolidge High school in Washington, D.C. (Photo by LCpl. Chance D. Puma)

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Features...

Special Olympics



Barracks Marines assist in annual summer games for physically challenged athletes.

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Gen. and Mrs. Carl E. Mundy, Jr.

The Corps' senior Marine and his wife share memories, thoughts on life at "The Oldest Post of the Corps".

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In the news...

Marines remember Ernie Pyle

Celebrated World War II combat correspondent honored on Ie Shima where he and soldiers perished 50 years ago.

Page 4

Marines rescue Air Force captain

24th Marine Expeditionary Unit's TRAP team dodges missiles and small arms fire to rescue Capt. Scott O'Grady from war-torn Bosnia.

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Marines honor correspondent Ernie Pyle

"The GI's journalist" acknowledged by III MEF and others 50 years after death during attack on Ie Shima

IE SHIMA, Japan—A half-century after a battle that cost thousands of Marine Corps casualties, leathernecks from Okinawa traveled to this tiny, quiet island to observe the anniversary of one man's death.

More than 60 Marines from the III Marine Expeditionary Force (MEF) joined a crowd of veterans, civilians, Ie Shima dignitaries and others, to honor the life of war correspondent Ernie Pyle. The man known as "the GI's journalist" died here, April 18, 1945, doing what brought him fame and admiration—documenting the horrors and drudgery endured by ordinary soldiers during World War II.

As a Pulitzer-prize winning reporter for the Scripps-Howard newspaper chain, Pyle trudged through mud, shared cramped foxholes, and wrote about enlisted life, from the Battle of Britain to the Battle of Okinawa. The troops he covered considered him one of their own. Standing in front of a modest stone monument commemorating Pyle, MajGen. Carlton W. Fulford Jr., Commanding General, III MEF, addressed the audience who attended this simple ceremony.

"We did not gather here to honor a soldier, the warriors or that war," Fulford said. "We gather here today to honor a single man—a man who made a difference."

Pyle's willingness to share the hardships and danger, said Fulford, endeared him to a nation eager to read about its young men in combat, and to soldiers grateful to have someone to tell their story.

"He was a common man who cared about the ordinary soldiers and brought their stories to the world," said Fulford.

A World War I veteran and Hoosier, Pyle arrived in the Pacific Theater in January of 1945, after a brief and restless respite in the United States. Pyle landed with the First Marine Division on Okinawa April 1, 1945, to



World War II correspondent Ernie Pyle

report on the war's last battle. Sixteen days later, he accompanied the Army's 77th Infantry Division to Ie Shima, where Japanese veterans from the Manchurian campaign guarded one of the Pacific's largest airstrips.

On April 18, as Pyle rode in a jeep aside Col. Joseph B. Coolridge, Commander, 305th Infantry Regiment, a Japanese machine gunner opened up on the vehicle. Most accounts say Pyle and others jumped off the vehicle and sought cover. As he peeked over a berm to locate his party, a sniper's bullet caught Pyle in the temple. He was buried that night, laid to rest amongst the troops whose common heroism he

brought to life for the people back home. Troops erected a modest wooden marker which read: "At this spot, the 77th Inf. Div. lost a buddy. Ernie Pyle. 18 April 1945."

Today, those words adorn a bronze plaque mounted on a stone obelisk in a well-manicured park owned by American Legion Post No. 28.

During the ceremony, many Veterans of Foreign Wars and American Legion members, some from the Okinawa campaign, laid wreaths at the foot of the monument. They were joined by officials of Ie Shima, Boy Scouts of America, members of the U.S. Marine Corps Combat Correspondents Assoc. and members of all service branches.

The III Marine Expeditionary Force Band provided music and the 4th Marine Regiment, a unit which fought on Okinawa, provided a firing detail. A joint service color guard also participated. After the ceremony, veterans mingled with Ie Shima residents while others approached the monument to salute a fallen comrade. MGySgt. Stan Steward (USMC Ret.), who served with Pyle's nephew in 1983, said he returns to the island every year to pay his respects. "He was a great writer, a great photographer, and a guy well-liked by all his troops," said Steward. "We really did lose a buddy here."

By
Cpl. Jeff Hawk
MCB, Okinawa, Japan

Federally-funded "Troops to COPS" program announced by DoD

NNS—Recently separated and soon-to-be separated veterans will be able to join the ranks of local peacekeepers through a new police training grant program announced May 2 by the Departments of Defense and Justice.

The program, "Troops to COPS," will provide up to \$5,000 in training to eligible police agencies for each veteran hired this year. The

Department of Defense has made \$15 million available to the Community Oriented Policing Services Program (COPS) to assist with conversion efforts and help expedite President Clinton's mandate to put 100,000 peace officers on the street.

Eligible veterans must have been a member of the armed forces on or after Oct. 1, 1993, and been honorably discharged. Veterans can

contact their local transition office to find out about police vacancies.

More than 7,700 law enforcement agencies across the country have been selected to receive COPS hiring grants. Grants may be used to pay for academy, supplemental or in-service training costs for veterans hired after Jan. 1. Officers hired must receive training in community policing.

Fourth Marines celebrates birthday *Corps' oldest regiment looks back over 81 years*

CAMP SCHWAB, Okinawa, Japan — The Marine Corps' oldest regiment, 4th Marines, celebrated its 81st birthday during a ceremony held here recently.

During the ceremony, SgtMaj. William L. DeLoache (USMC, Ret.), a veteran of Korea and Vietnam, spoke to the 150 Marines in attendance of his tour with the regiment during World War II.

"I just talked to the Marines from my heart and told them about their unit's history," DeLoache said. "They've got a fine bunch of Marines down there and it made me feel good to be able to speak to them."

The 4th Marine Regiment was activated April 16, 1914, and saw duty in Mexico later that year. The regiment earned the nickname "China Marines" in 1927 for its 15-year protection of

American citizens and Chinese property in Shanghai.

The most dramatic moment of the unit's history came during the defense of Corregidor Island in Manila Bay in WWII. The commanding officer of 4th Marines burned the colors rather than give them to the Japanese during the 1942 surrender of U.S. forces in the Philippines, ending the 4th Marines' existence. The unit was resurrected in 1944 as 4th Marine Regiment, 6th Marine Division.

The highly-decorated Raider battalions fought with distinction in Guadalcanal, Guam and Okinawa and freed prisoners of war from the old 4th Marine Regiment after occupying Japan.

The unit has also been recognized for its participation in Vietnam and Operations Desert Shield and Desert

Storm.

Remembering the unit's impressive past is also humbling said Col. Robert S. Cohen, Commanding Officer, 4th Marines, 3rd Marine Division.

"It gives young Marines a newfound respect for what the regiment has accomplished and creates an appreciation for the traditions that go with being the oldest regiment in the Marine Corps," he added.

DeLoache left his listeners with a battle cry that inspired him as a young 4th Marine and the unit's original motto: "Hold high the torch."

By
Cpl. Jeff Hawk
CPAO, Okinawa

Marine installation recognized for adopting pro-family programs

AFIS — Marine Corps Air Station Tustin, Calif. is one of 20 installations to be recognized for adopting proposals that strengthen military families with children, especially families with teens. Winning communities are receiving their first installments of \$30,000 to \$600,000 to be paid over a three-year period.

Carolyn Becraft, Deputy Assistant Secretary of Defense for Personnel, Support, Families and Edu-

cation, said the model community program is the first of its kind. "Installations are rewarded for evaluating their own needs and developing their own solutions," she said.

The incentive program funds proposals submitted by installation commanders.

"These proposals represent creative, common-sense approaches to strengthening our military families and supporting their kids," said Becraft.

USMC JROTC Instructor billets on West Coast now available

12th MARINE CORPS DISTRICT—Marine Corps Junior ROTC has instructor openings available at the following high schools for retired Marine Officers and Staff Noncommissioned Officers:

Castle High School, Kaneohe Bay, Hawaii

John C. Fremont High School, Los Angeles, Calif.

Ramona High School,

Riverside, Calif.

Sweetwater High School, National City, Calif.

Westview High School, Avondale, Ariz.

For additional information concerning this program, contact Capt. T. Bradley, 12th Marine Corps District Project Officer, or Mr J.D. Atkinson, MCJROTC Program Coordinator at (619) 542-5547 or DSN 524-5572, ext. 5547.

Tell it to a Marine...

"There is a long line of Naval heroes before you...men and women tried by history. Your turn has come. That's what you were trained for. That is why the Naval Academy has existed for 150 years. Not just to educate...not just to train you in the arts of war...not just to provide competent officers. But to instill you with a

commitment and tradition of service and leadership that will remain with you forever."

Secretary of the Navy John H. Dalton, a 1964 graduate of the academy, during his graduation address to the Marine and Naval officers of the U.S. Naval Academy Class of 1995 on May 31.

Persian Gulf War Veterans



Health Concerns?

Help is Available.

For information call
VA's Help Line

1-800-PGW-VETS

You may be eligible for medical care or disability compensation.

Hearing impaired vets:
TDD 1-800-829-4833

For computer access to
VA's Bulletin Board,
"VA Online," call:
1-800-US1-VETS



**Department of
Veterans Affairs**

Space donated by this publication as
a public service.

Marines rescue pilot

HQMC, Washington, D.C. — In a daring dawn mission, Marines from the 24th Marine Expeditionary Unit (Special Operations Capable) rescued Air Force Capt. Scott O' Grady, 29, from war-torn Bosnia, June 8.

The Spokane, Wash., native was piloting an F-16 Fighting Falcon when he was shot down while supporting Operation Deny Flight, a United Nations effort to enforce a no-fly zone.

The Tactical Recovery of Aircraft and Personnel (TRAP) mission was launched from USS KEARSARGE, an amphibious assault ship operating in the Adriatic Sea, less than three hours after O' Grady made voice contact with U.S. aircraft five days after being shot down.

Cobra gunships made the first passes over the recovery site after the TRAP team crossed into Bosnian airspace. One of two CH-53E Super Stallion

helicopters landed to secure the landing area.

The second CH-53E Super Stallion helicopter had just set down as O' Grady came running from behind trees towards the recovery site. Within a minute, the pilot was recovered and the Marines re-boarded their helicopters. The helicopters spent only two minutes on the ground during the rescue.

O' Grady's words at the time of the rescue were, "I'm okay; get me out of here."

The Super Stallions were fired upon by surface to air missiles and small arms fire during the flight back to the ships and at least one round hit the helicopter that was carrying O' Grady from harm's way.

The mission included the two CH-53E Super Stallion helicopters, two AH-1W Sea Cobra helicopter gunships, four AV-8B Harrier attack jets and 41 Marines from an 81mm

mortar platoon from 3rd Battalion, 8th Marines, Camp Lejeune, N.C.

The mission was also supported by two EA-6B Prowlers from USS ROOSEVELT, two F/A-18 Hornets from Marine Fighter Attack Squadron 533 and two Air Force A-10 Thunderbolts.

The TRAP mission is one of many standard missions that a MEU (SOC) trains for intensely during the last six months before a deployment. There is no standard configuration of a TRAP team; it is task-organized based on mission, threat and terrain.

The team includes a command element and communications personnel along with the combat and rescue personnel.

The team enters the objective area, fights its way in if required, holds ground, locates and retrieves the pilot, get him on the recovery aircraft, then fights their way out if required.

Recruiting Assistance program seeks volunteers

Marines are needed in the following areas to participate in the Command Recruiting Assistance program. Marines interested should have their company first sergeants contact the following Marines:

RS Baltimore, Md. - Includes Maryland, Delaware, Washington D.C., and parts of Northern Virginia and West Virginia. Contact SgtMaj. Trostle, (410) 379-0800.

RS Charleston, W. Va. - Includes West Virginia, Southern Ohio, North-

ern Virginia and Northeastern Kentucky. Contact SgtMaj. Workman, 1-800-662-2909.

RS Louisville, Ky. - Southern Indiana included. Contact SgtMaj. Wilson, 1-800-858-9269.

RS Western New England - Includes parts of New Hampshire, Vermont, Massachusetts, Rhode Island and Connecticut. Contact SgtMaj. Michael O'Hara, (413) 594-9792.

RS Orlando, Fla. - Covers the central section of the state, from Co-

coa Beach to Clearwater. Contact MGySgt. Dolby, (407) 372-7597.

Recruiter assistants are eligible for 30 days permissive TAD in their hometown, and may earn either bonus points toward composite score or special fitness reports.

Marines taking leave may be eligible for a five-day leave extension or special liberty chit recruiting an acceptable applicant for enlistment in the Marine Corps or Marine Corps Reserve during their leave period.



Cpl. Steven D. Michel, Small Systems Specialist, Information Systems Management Office, MCI Co., looks over tools used in installing wireless antennas. (Photo by LCpl. Chance D. Puma)

ISMO modernizes LAN

Barracks' upgraded network system slated for August

The Information Systems Management Office (ISMO) began replacing the Barracks' old Local Area Network (LAN) cables and main computers in May with the latest technology to improve the communication power available to Barracks offices.

The system-upgrade project is necessary because the existing LAN system was over-burdened by the Barracks' growing computer network. ISMO has been tasked with maintenance of the aging system, which was showing signs of strain in the form of chronic breakdowns. "No one uses old technology on such a large scale," said Sgt. Joe D. Broome, ISMO network manager.

Between Companies A and B, MCI and H&S, the LAN is now handling more computers and LAN users than it was originally designed for, according to Broome.

The office decided to remedy the situation by installing more powerful servers and network hubs, which contain and control the on-line and electronic mail services. But first, ISMO had to rewire the Barracks with fiber-optic cable that could easily support

the power demands of the system.

ISMO began planning for a system-wide upgrade of the network in August, 1994. According to Broome, procuring funds was one of the most difficult stages of planning. Equipment and parts for the system-wide maintenance operation on the Barracks network cost about \$128,000.

ISMO used five Marines to install the network's fiber-optic cable "backbone." The Marines had to physically "spool out cable from the servers," said Broome, working the cable through firewalls, bulkheads and door frames. Working six- to eight-hour shifts, the Marines finished the huge re-cabling task in May.

Though most of the new equipment, including the fiber-optic cables

and wireless antenna system for the network, has been installed, ISMO's work on the LAN won't be complete until August, according to Broome. ISMO still needs to connect all the Barracks' computers to the new optic-fiber backbone before switching the LAN systems over, he said.

ISMO also had to keep up with its routine software upgrades during the re-cabling project. The office installed a new version of Banyan to the network in May as a separate project, according to Broome.

When completed, the updated LAN should be more convenient and more reliable for Barracks LAN users, with far less down-time, system errors and maintenance problems. "The network's reliability was running at 70 percent,"

said Broome. "The improved LAN is expected to run at about 98 percent." Users will most likely notice improvements in the form of "speed and network response time," he said.

The network upgrade will make ISMO's system management tasks easier in the future. "We won't need to rewire next time we upgrade," said Broome. "We'll just add new hardware to the system."

ISMO's work on the LAN is part of a larger plan to improve the quality of the Barracks' information systems well into next year, according to Broome.

By
LCpl. Chance D. Puma



Sgt. Marco S. Roberson, small systems specialist, ISMO, MCI Co., installs an antenna atop Lejeune Hall at the Washington Navy Yard. (Photo by LCpl. Chance D. Puma)

Marine Corps Marathon team seeks members

MCCDC, Quantico, Va. — The 20th annual Marine Corps Marathon will be held on Sunday, Oct. 22. For the past 17 years the U.S. Marine Corps and the British Royal Marines/Navy have competed for the Challenge Cup, a silver perpetual trophy. The record stands at 11 wins for the Royal Marines/Navy and six wins for the U.S. Marine Corps. The Royal Marines/Navy have won the cup for the previous five years.

The Marine Corps is currently soliciting volunteers to compete as members of the Marine Corps Marathon Running Team for this year's race.

The team will consist of six runners who are capable of running a 2:36:00 (or faster) marathon. Interested runners should provide their most recent marathon times to the Marine Corps Marathon Team Coordinator. They must also run a half-marathon to marathon distance race by the end of July and report the results to the team coordinator no later than Aug. 15. Final team selections will be made on Aug. 31.

For more information, contact GySgt. R. B. Bieri, Marine Corps Marathon Team Coordinator, at Comm: (703) 784-2225 or DSN: 278-2225 or write to: PO Box 188, Quantico, VA 22134.



SWEEPING THE STREETS

Barracks Marines march to another cleanup site during TRASHEX '95. More than 400 Marines from Headquarters & Service and MCI companies and Company B picked up between 60,000 and 65,000 pounds of garbage during the bi-annual cleanup which serves the Capitol Hill area in Southeast D.C. on May 22. (Photo by Laura Patterson, Roll Call Magazine)

Travel entitlements outlined in message

DFAS Kansas City—The Defense Finance and Accounting Service Kansas City, Mo., recently clarified travel entitlements for Marines undergoing temporary instruction in conjunction with permanent change of station orders.

Message 261500Z April 95 addressed recent questions regarding entitlements rated upon return to an old permanent duty station after completing of temporary instruction enroute to a new duty station.

"This message is a clarification of existing orders because most people don't realize that they aren't going to get paid to go back to their old duty station," said GySgt. Linda Charest, Barracks administration chief.

According to the message, travel entitlements are limited from the old permanent duty station — to the temporary instruction site to — the new duty station. Travel regulations do not allow a return to the old permanent duty station to assist in the movement of dependents or shipment of household goods when the new duty station was named in the orders.

Members in receipt of PCS orders with the new duty station named in the orders are authorized to move dependents and household goods upon receipt of orders. Members are also entitled to a dislocation allowance.

For more information, see GySgt. Charest.

On-the-record offenses

The following courts-martial were recently conducted for Barracks Marines:

At a special court-martial on May 23, **LCpl. Robert P. Chase**, Supply Section, H&S Co., was found guilty of using cocaine. He was sentenced to confinement for one month, forfeiture of \$500, reduction to E-1 and a Bad Conduct Discharge. Under a pretrial agreement, all confinement in excess of 20 days was suspended.

At a summary court-martial on May 23, **LCpl. Carlos L. Collins**, H&S Co., was found guilty of using marijuana. He was sentenced to a reduction to E-1, forfeiture of \$569 pay and sentenced to confinement for 29 days. The \$569 forfeiture was suspended for two months.

During recent Non-judicial Punishments:

On Apr. 5, a LCpl. from Co. A. was found guilty of two counts of failing to go to his prescribed place of duty (two separate ceremonial commitments). He was awarded reduction to PFC, forfeiture of \$478 pay per month for two months and 45 days restriction and extra duty, to run concurrently. \$478 per month for one month was suspended.

On Apr. 12, a LCpl. from USNA Co. was found guilty of two counts of failing to be at his prescribed place of duty (a firing party practice and firing party departure for a funeral). He was awarded forfeiture of \$150 per month for one month, seven days restriction and seven days extra duty.

On Apr. 14, a MCI Co. LCpl. was found guilty of using provoking words and stabbing another Marine in the back with a box cutter. He was awarded reduction to PFC, forfeiture of \$100 per month for one month, 45 days restriction

and 45 days extra duty. The reduction, 38 days restriction and 38 days extra duty were suspended.

On Apr. 18, a Co. A PFC was found guilty of indecent assault upon a female Naval officer. He was awarded reduction to Pvt., forfeiture of \$426 per month for two months, 45 days restriction and 45 days extra duty. Forfeiture of \$752, 45 days restriction and 45 days extra duty were suspended.

On Apr. 20, a Co. B LCpl. was found guilty of underage drinking. He received a verbal reprimand.

On Apr. 25, a Co. A LCpl. was found guilty of underage drinking. He was awarded forfeiture of \$232 pay for one month, seven days restriction without suspension from duty and seven days extra duty.

On Apr. 25, a MCI Co. LCpl. was found guilty of failing to go at the prescribed time to his appointed place of duty at MCI, altering a Bethesda patient form to show he was at the hospital during his absence, using provoking words and assaulting another Marine. He was awarded reduction to PFC, forfeiture of \$250 pay per month for one month, 45 days restriction and 45 days extra duty. The reduction, 38 days of the restriction and 38 days of the extra duty was suspended for six months.

On Apr. 25, a Co. A LCpl. was found guilty of underage drinking. He was awarded forfeiture of \$232, seven days restriction and seven days extra duty.

On Apr. 26, a H&S Co. LCpl. was found guilty of failing to go to his appointed place of duty. He was awarded reduction to PFC.

On Apr. 28, a USNA Co. LCpl. was found guilty of unauthorized absence from Apr. 4-24 and using marijuana. He was awarded reduction to

PFC, forfeiture of \$478 per month for two months and restriction for 60 days.

On Apr. 28, a Co. A PFC was found guilty of unauthorized absence from 10-24 Apr. He was awarded forfeiture of \$223 for one month, 14 days restriction and 14 days extra duty.

On May 3, a Co. B. PFC was found guilty of underage drinking. He was awarded forfeiture of \$223 for one month, 14 days restriction and 14 days extra duty.

On May 4, a MCI Co. LCpl. was found guilty of failing to go to his prescribed place of duty on time, altering a Bethesda patient form to show he was at the hospital at the time of his absence, using provoking words and assaulting another Marine. He was awarded forfeiture of \$245 pay for one month.

On May 4, a MCI Co. PFC was found guilty of failing to go to his prescribed place of duty on time. He was awarded forfeiture of \$478 pay per month for two months, 45 days restriction and 45 days extra duty.

On May 5, a H&S Co. PFC was found guilty of failing to go to his prescribed place of duty and being intoxicated and incapacitated for proper performance of his duty. He was awarded forfeiture of \$450 pay for one month and 30 days restriction. \$300 forfeiture and 30 days restriction was suspended.

On May 12, a MCI Co. LCpl. was found guilty of missing his restriction muster. He was awarded 45 days restriction and 45 days extra duty.

On May 19, a Co. A PFC was found guilty of underage drinking and an indecent assault. He was awarded forfeiture of \$223 pay per months for one month, 14 days restriction and 14 days extra duty.

Avoiding Allergy Attacks

Helpful hints on use of effective medications

AACHOOO! Excuse me. This time of year always gets to me. Pollen counts, dogwood, hay fever, cherry blossoms and every thing else that grows around the area seems to make me sneeze. My sinuses fill up and my nose gets runny. In short, I'm miserable! Sound familiar?

I see quite a few Marines at sick call and even more at parades and training evolutions who want some relief from the woes of allergies. The bad thing about allergies is that the runny nose and stuffed up sinus can become infected and cause more misery.

Often times the cure is worse than the disease. I hate the dopey feeling that my allergy medication of choice, Benadryl, gives me.

"If you're found to be allergic to something, you will be given a series of shots to desensitize you to the substance. Shots are usually given every week for a few months and work very well."

***-HM2 Ian Marks,
Barracks Corpsman***

So, how do I get some relief, Doc?

First, follow my favorite rule. Hydrate your body. Dry mucus membranes (your nose and eyes) are more easily affected by allergens. Drink water, use a humidifying air conditioner if you can or use your humidifier with your air conditioning; central air dries out your home very quickly.

Hydrate your body.

Medicate effectively.

Stay away from allergens you know affect you negatively.

***-HM2 Ian Marks,
Barracks Corpsman***

Next, medicate.

Over-the-counter medications can help. Sudafed is great during the day because it doesn't make you drowsy. At night or other times when you can stay away from the car or machinery, use an antihistamine.

Antihistamines block the release of histamines- chemicals released by your body in reaction to an allergen. These can make you drowsy.

Benadryl and Actifed are examples of effective over-the-counter medications.

If you come to sick call complaining about your allergies you will get sympathy but medications will be limited. If the allergies are bad enough to bring you to sick call, you will most likely need to see an

allergist.

If we give you a consult to the allergy clinic, be ready to be given the RAST test, a sensitivity screening. In the old days you would get shots in your back and arms testing you for various substances like grasses, pollens, dust etc.

Now, in the modern days of medicine, you have pills taped to your skin and your reactions are measured.

If you're found to be allergic to something, you will be given a series of shots to desensitize you to the substance. Shots are usually given every week for a few months and work very well.

Finally, stay away from allergens you know affect you negatively. This is easier said than done, I know.

If grasses make you break out, pay a neighborhood kid to mow your lawn or wear a mask.... if book mold makes you sneeze, stay out of the library.

If you have any questions about allergies or need to be seen by a doctor, contact the Marine Barracks Medical Section at 433-5929 or come to sick call at Building 200, Washington Navy Yard, Monday through Friday between 7 and 9 a.m.

***By
HM2 Ian Marks,
Barracks Corpsman***

Be alert to bomb threats

Paying attention can pay off in countering terrorism

Early in the morning of Oct. 23, 1983, a tremendous blast rocked the structure that was the temporary barracks for Marines participating in the multi-national peacekeeping mission in Beirut, Lebanon. A total of 241 Marines and Sailors were killed in an explosion that was no accident, but a deliberate terrorist attack on individuals representing the government of the United States.

The recent bombing that killed 168 civilians and military members in Oklahoma City, Okla., clearly demonstrated that this type of threat is as real in the United States as it is overseas. As we go about our daily business of being the Marine Corps' best advertisement here at "The Oldest Post of the Corps", the thought of a major catastrophe at the Barracks is far from our minds. Since we do not live in the urban midst of Palestine, Israel or London, we are not used to the daily threat of terrorist activities. Complacency can fill a void created by inexperience and lack of knowledge.

Recently, there have been a number of incidents of threats of deliberate bombings in the Washington, D.C.-metropolitan area. The daily routine of many Washington residents and tourists has been disrupted by changes such as the security enhancements taking place at the White House. For almost everyone in this country, with the exception of those people living and working in the Oklahoma City area, security measures are nothing more than an inconvenience. As Ameri-

cans, we certainly take our freedom and sense of security for granted. For those of you who have not given it much thought, however, the fact exists that there is an actual "Marine Barracks" located in the nation's capital, where Marines sleep, eat, and work. The Barracks should also be considered a prime target for a terrorist activity.

If you receive a telephone bomb threat, attempt to keep the person on the line, while indicating to someone close by what the call is so that a trace can be initiated. They should immediately call the operator and explain that it is an emergency, that it is a bomb threat and the call should be traced. Remember as many things as you can about the caller, what he or she said to you, and any background noise that you hear. Report all of this information immediately to the Barracks Guard.

Vigilance is the best method to reduce the chances of becoming a victim of that activity. Military members can usually tell who belongs in the area and who doesn't. Don't assume everyone with a short haircut is supposed to be here. If someone looks out of place or is acting suspicious, ASK QUESTIONS!!! There is nothing wrong with basic questions such as, "May I help you?" or "Who are you?" All terrorists

don't have dark foreboding features, speak broken English and look as though they are from the Middle East. Timothy McVeigh, the prime suspect in the Oklahoma City bombing, does not look much different than many young Marines at the Barracks.

When outside of the post, be cautious about answering questions about the Barracks. Questions about the structure of the post, accessibility, parking, and security should immediately alert your suspicions; this type of contact should be reported to your company commander or the Barracks Guard as soon as possible. Remember as much as possible about where and when the contact was made and the description of the individual who approached you.

Take care of your fellow Marines, ensuring that their openness and friendly demeanor among strangers is not jeopardizing the security posture of Marine Barracks. It is easy to "drop your guard" when you have had a few beers and are bragging about your ceremonial talents to someone who appears awed at the fact that you are stationed at the Barracks.

Cooperate with the Guard Marines on duty throughout the Barracks. Present proper identification on your person and on your vehicle as requested and report any suspicious activity to the sentry or Guardhouse immediately.

By
Capt. Barry C. Neulen
Barracks Guard Officer



Sgt. Deanna M. L'Hote, Adjutant section, H & S Co., presents an Olympiad with his medal during the Summer Games.

1995 D.C. Special Olympics Summer Games

8th & I Marines assist in unique athletic event

A pistol shot rings out across the high school track, signaling the start of the next race. The young athletes - girls wearing their high school team's colored T-shirts - take off for the finish line 100 meters away.

The runners belong to a group of over one-million athletes with developmental disabilities or mental retardation who train for the world-wide annual Special Olympics.

pics.

As the first runner crosses the finish line, she is met by cheering spectators and LCpl. Keith D. Hannan, a Body Bearer with Company B and Special Olympics volunteer.

"Good job ... you won!" he says, holding up his stopwatch. As he helps her off the track, the girl smiles in victory and catches her breath.

This was just part of the scene

in May when Barracks Marines volunteered to help host the 27th Annual District of Columbia Special Olympics. They joined other local volunteers and helped run the summer track-and-field portion of the games, held at Coolidge High School, Washington, D.C.

The Summer Games needed volunteer support "more than ever" in 1995, according to Marianne Quinn, the Summer

Games director. The loss of a District of Columbia grant hurt the D. C. Special Olympics' ability to put the Summer Games on for more than 850 athletes this year.

"If it hadn't been for the military's volunteer support this year, we wouldn't have had the high quality of competitions that we did," said Jim Schmutz, D.C. Special Olympics Director of Sports. "This was the best track and field competition we've had in the five years I've been here," he said.

Barracks Marines participated for five days during the two-week competitions.

"I was able to come out for three days," said Sgt. Randall S. Rogers, the Service Record Book Chief, S-1, H&S Co. Marines were encouraged to come out and give as much time as they could.

The Marines found themselves in a variety of roles including coordinating and judging field-events like the softball throw and the standing long-jump.

"It was very rewarding," said Rogers. "I did everything from escorting the athletes to their events to presenting their awards." Like Rogers, most Marines got a chance to work closely with the special Olympians, helping them

prepare for their events.

"It was inspiring," said Schmutz. "The volunteers took pride in conducting the games according to the rules and providing a quality competition for the athletes."

"The athletes truly appreciated the volunteers being there," said Schmutz. The volunteers interacted well with the athletes, according to him. "I think a lot of volunteers were surprised by the



Cpl. Cindimarie Smith, Provost Marshall NCO, Guard Detachment, H & S Co., left, lends a hand to Olympian Lakeisha Ganey after an awards presentation.

athletes' abilities."

This year was the first time 8th and I raised volunteers as a command for the games, according to Sgt. Deanna M. L'Hote, the Adjutant section's reservation Chief, H&S Co., although individuals have assisted the games before. The Barracks was contacted by soldiers from Fort McNair who were forming a joint task force to organize the efforts of servicemembers in the area who

wanted to volunteer their time. Members of local Army, Navy, Air Force and Coast Guard units also volunteered, according to L'Hote, the Barracks volunteer coordinator.

The Barracks exceeded its own goals for raising volunteers, according to L'Hote. "We were supposed to have 10 Marines each day we went out," she said, "but we ended up with about 20 each day."

"I think the Marines here just wanted to be involved with the community," said L'Hote. "The Barracks showed us a lot of support by doing without those Marines on the days they volunteered."

L'Hote said she volunteered her own time because of her contact with disabled individuals in the past. "The athletes are really wonderful people," she said.

The volunteers' experiences while working at the games were enjoyable and motivating according to Rogers. The special athletes who competed at Coolidge High School responded warmly to the volunteers' support.

"The enthusiasm they showed us was incredible," he said.

*Story and Photos by
LCpl. Chance D. Puma*



Gen. Carl E. Mundy, Jr. chats with LCpl. Maranda L. Allsbrow, Marine Corps Institute Co., after an Evening Parade. (Photo by Sgt. Amy Alger)

CMC reflects on living at Marine Barracks

The 30th Commandant of the Marine Corps, Gen. Carl E. Mundy Jr., steps down on June 30. Barracks Marines will be saying goodbye to someone they see not only as their military leader, but a neighbor in whose backyard they parade and drill, whose mail they deliver daily and whose dog is one of the Barracks' family.

During a recent interview, Gen. Mundy and his wife said they are privileged to have lived here at The Oldest Post of the Corps.

"We are tremendously proud of this Barracks and the people who make up this Barracks - everyone who serves here," Gen. Mundy said. "We are tremendously privileged to be a part of the Barracks detachment.

"My entire career I wanted to be a Barracks officer and I had to become Commandant to get stationed here. Being assigned to Marine Barracks is one of the genuine privileges of being a Marine."

Gen. Mundy spoke strongly about the need for the Barracks

and its importance to the Marine Corps. He said a place like the Barracks and the parades - seen by thousands of visitors each week during the parade season - touch the American spirit.

"We have a Marine Corps only because the people of America want a Marine Corps, and they want the Marines to be able to fight. America really looks at Marines as a very, very special entity within our society. Marines represent, to the nation, all that there is about dedication, honor, courage and commitment. The

people are inspired by the fact that they have an organization that, when they put their sons and daughters in it, we send them home an American, a person that is better for having been a Marine than he or she was before they went in. So they want that sort of molding of American spirit. The Barracks communicates that," he said.

"The Barracks is our window to America," Gen. Mundy continued. "What people imagine Marines to be is represented by the Marines here at the Barracks, whether they're a bandsman or whether they're in the Silent Drill Platoon, whether they're on the grounds crew or whether they're in the Public Affairs Office.

"We communicate to America that *this* is what your Marine Corps is and America feels good about that."

The Marines who are assigned to the Barracks are basic Marines doing a special job, according to the Commandant.

"The Marines who come to the Barracks are fundamentally no different than Marines

anywhere - maybe a little bit taller or a little bit more ceremonial when they're selected to come here," the Commandant observed, "but there are a lot of Marines here who are not ceremonial - selected to come here because of

professionalism. The Barracks is the role model for the Marine Corps and what those who represent the Marine Corps should be in their appearance, their bearing, their conduct, in their politeness, as well as their professionalism.

"The Barracks doesn't just do parades," he noted. "They're Marines who train. During the Desert War, when it came time to deploy, the Barracks went to war."

Most of the Marines at "The Oldest Post of the Corps" are new to the Marine Corps. Leaving the Barracks for the operating forces will be a change, he says, but not in ways they may imagine.

"The Marines who leave here will take with them an uncommon degree of self-discipline and organizational discipline," according to the Commandant. "The best units that we have in the Marine Corps are those in which the individual is responsible and feels a sense of discipline.

They'll take a strength out of here to the FMF.

"What they're doing right now in many respects is equally demanding and, in some cases, even more demanding than the ordinary, average day in the



Gen. Carl E. Mundy and wife, Linda, greet Barracks Marines during CMC Open House. Barracks Marines tour the Home of the Commandants every other year. (Photo by SSgt. Deidre Reed)

their talents.

"Indeed, when you come to the Barracks, I think you stand a little straighter, look a little sharper - you are the epitome of military bearing and decorum and

"We have a Marine Corps only because the people of America want a Marine Corps, and they want the Marines to be able to fight. America looks at Marines as a very, very special entity within our society. Marines represent, to the nation, all there is about dedication, honor, courage and commitment. [The Barracks] communicates to America that this is what your Marine Corps is and America feels good about that."

— Gen. Carl E. Mundy, Jr.
30th Commandant
of the Marine Corps



(Photo by SSgt. Joseph Sawyer, Jr.)

operating forces," Gen Mundy said. "Barracks Marines are not deployed as much, they're not gone from their home base for six months a year. But if you're in the D&B or the SDP, you're gone a lot.

"Barracks Marines can shoot - they go the rifle range as frequently as anybody in the

FMF does," he continued. "They're probably more physically fit around here, I think, because of what they have to do ceremonially and the way they have to look and present themselves and the long hours that they spend standing out in the sun somewhere. They've adapted themselves to what they have to

do here and when they go to the FMF they'll adapt themselves to that," he concluded.

Gen. and Mrs. Mundy say they feel very comfortable here at the Barracks and are somewhat in awe of the home in which they spent the last four years. For the Mundys, this marks the end of six years living in a single location.

Two years were spent in Quarters Two before they were transferred to Norfolk in 1990, only to return to The Home of the Commandants after his confirmation as Commandant in 1991.

"It is like living in a palace," Gen. Mundy said. "Not just the house itself, which is grand, but looking out at the Barracks is very much like a ruler of yesteryear would have looked out on his domain. His barons, his earls, around him and looking down the row his loyal Marines were there, his band was there and they generally lived within the walls of the castle.

"I've never thought of myself as the lord and master of these grounds but rather as a tenant," he continued. "Really, living at Marine Barracks is very much like people in the days of chivalry - they lived about like this and hopefully, they had the relationship with their army the way we do with the Marines here."

"The people are just awed most of the time, especially the ones that have never been here," Mrs. Mundy said of the visitors to the house. "They just kind of walk around with their mouths open in amazement."

"The key thing is that there is not anywhere else in this city or in America that you can go and be as awed of not just the surroundings, but of the professionalism of the experience of the

Marine Barracks," Gen. Mundy continued. "No other service, or even the White House gives the same impression to the people who come here and see the oldest continuously occupied public building in Washington and then witness a parade."



Mrs. Linda Mundy sits under an oil portrait of her husband as CMC. Every Commandant of the Marine Corps has an oil portrait displayed in the Home of the Commandants. (Photo by SSgt. Joseph Sawyer, Jr.)

During their tenure in the home, the Mundys began the tradition of hosting open houses

for Barracks Marines every other year. They feel it gives the Marines here a chance to see the home they work and march around each day. The tours help create a bit more of the Barracks experience for the Marines. But that isn't the only reason, according to the General.

"The Commandants throughout history are part of the Barracks - this is where we live," he explained. "It's just the same as when you go home and have your neighbors over from time to time, cookout in the yard and get to know the neighborhood. For us, it is more that we consider ourselves a part of the Barracks community. So the Marines who are here are part of the same family."

"We are privileged to live here," Mrs. Mundy says of the home. "I hope we've gotten as many Marines as we possibly can through here to see it because it belongs to them, too."

"For us, it's one more important thing," the General concluded. "We love people and the people that I like better than anyone else in all the world are all Marines."

By
GySgt. Cynthia Atwood



SSgt. Luis H. Hernandez, H & S Co., as communications technician, Mobile Training Team-Guerrero. (Photo courtesy of SSgt. Hernandez)

Marine takes part in Mobile Training mission

Barracks SNCO instructs Colombians in infantry tactics

Operation Group. The training is being put to use by the Colombians to counter narcotics activity in their country.

Cuban-born

Hernandez was quick to volunteer to put his

native language and Marine infantry skills to work.

The volunteer air/ground team spent its first month at Quantico receiving advanced instruction in preparation for the deployment. The ground volunteers completed the High Risk Personnel Weapons Course and the Small Weapons Instructor Course.

Hernandez' training led to his certification as a Helicopter Rope and Suspension Training Master. Once prepared, the team travelled to Panama for an overnight visit and brief at Southern Command before moving on to Colombia.

Hernandez' background made

him the natural selection as the training group's communication technician.

As part of MTT-Guerrero, the 12 ground Marines spent three months training the police officers on the M60E3, M249, M4, M9, M16A2 and M203, as well as patrol techniques and close cover. They teamed up with the Marine aviation volunteers to teach Special Patrol Insertion and Extraction (SPIE) rigging, fast rope techniques and external lift capabilities.

The training was conducted in every terrain type found in Colombia.

"It was something - we were everywhere," Hernandez explained. "We were in 9500 foot high mountains one day and in triple canopy jungles the next."

Hernandez summed up the entire experience as, "Outstanding! Besides the training

When SSgt. Luis H. Hernandez, then a platoon sergeant, Co. A, read the description of volunteers being sought for a special training mission, he knew he was reading about himself. The Coalition and Special Warfare Division at the Marine Corps Combat Development Command, Quantico, was seeking Spanish speaking staff non-commissioned officer platoon sergeants to take part in a Mobile Training Teams to provide Infantry Tactics training to the Colombian National Police Anti-Narcotics



SSgt. Hernandez with MTT-Guerrero conducts a period of instruction on Infantry Tactics to members of the Colombia National Police Anti-Narcotics Police Operations Group in the Colombian countryside. (Photo courtesy of SSgt. Hernandez)

we received, it's rare to go anywhere in the Marine Corps and be given that much latitude to make quick decisions and make things happen."

The MTT-Guerrero is a special experience the Barracks veteran adds to his list before leaving here this summer for 3d Bn., 2nd Marines, Camp Lejeune, N.C. Hernandez was a member of Co. B when he joined the Barracks, later transferring to the White House Communications Agency, then to Co. A. He is now assigned to

H&S Co.

"Staff Sergeant Hernandez' efforts directly contributed to the Colombian National Police's capability to conduct raids into areas previously considered inaccessible," said Maj. Brent Dunahoe, assistant officer-in-charge of MTT-Guerrero, "thus having a direct and positive impact on reducing the flow of illegal drugs into the United States."

*By
GySgt. Cynthia Atwood*



Members of MTT-Guerrero conduct SPIE-rigging operations in the Colombia jungle during the three-month Infantry Tactics training exercise. (Photo courtesy of SSgt. Hernandez)

The Lance Corporal in All of Us

As an interested observer of mankind (gender inspecific), allow me to share an observation: There's a little "lance corporal" in all of us, and a little too much in some of us. Now, before anyone rushes off to write his Congresswoman over that inflammatory accusation, please allow me to explain myself (something our excruciatingly sensitive, contemporary culture requires of me—of *anyone* with the audacity to voice an opinion—on a fairly routine basis).

Don't get me wrong. There ain't nothing wrong with being a lance corporal (especially if you happen to be a PFC). That's not at all the thrust of my observation. Had I enlisted in the Marine Corps in the fall of 1969, as I started out to do, I would like to think I might have been a fairly decent lance corporal. (But then, I'll never know that for certain, will I?) In fact, some of my favorite Marines are right now, or presumably once were, lance corporals. If I am not mistaken, Sergeant Major Overstreet (certainly one of *my* all-time favorite Marines) was once upon a time a hard-charging lance corporal. Can you picture that? Or how about Chandler V. Coleman? (LCpl Coleman? Now *there's* a frightening prospect!) But I'll just bet you they weren't lance corporals for very long. And now we're closing in on my point: There's not a darn thing

wrong with being a lance corporal that moving *beyond* that transitional grade *just as quickly and convincingly as you possibly can* won't cure. That's the advice I generally give any Marine who has just been



"While we can never have too many corporals on deck, we just don't need anymore E-4's in our Marine Corps."

— Col. John B. Sollis

promoted, meritoriously or otherwise, to lance corporal: Whatever you do, don't get lost on your way up the ladder. Don't risk spending one silly little moment longer in that precarious, awkward, transitional grade than is absolutely necessary.

And if and when you *do* outgrow your new rank insignia, just make damn sure you become a *Corporal of Marines*. 'Cause as much as we can never have too many bona fide *Corporals* on deck, we just don't need any more E-4's in our Marine Corps. (And if *that* fundamental distinction escapes you (*Whoa, baby!—Let's hope not!*) you had better go *quickly* find yourself a noncommissioned officer—a *real* one, that is—to help you break the code. Here's a hint: don't bother looking in the Disbursing Manual.)

In my experience, there's a little lance corporal in all of us (even in those of us who had no better sense than to start out as officers), and a little too much in some of us, irrespective of our rank insignia or paygrade. But that's not all bad. After all, the lance corporal in all of us is the "rogue" side of our nature—the impetuous, unpredictable, irresponsible, "Yeah, why not?"/"So what are they going to do, bust me?"/"Look, Ma, No hands!" wise-cracking, risk-taking, skinny-dipping, J-walking, "Devil may care" side—the side *without which* we'd all be a bunch of predictably boring, insufferably "correct," "stiffs." And what sort of fun would that be? Heck, if not for the lance corporals of this world, SSgt. Self would be out of a

job in no time!

As a broad generalization, lance corporals of whatever grade don't sweat the small stuff. It's not in their nature; nor is it in their job description. They generally hang with their peers, do whatever everyone else is doing (Excuse #1 just as soon as they get caught), and are perfectly content to let the "lifers" sweat the rules and regulations. To be sure, their job description covers *identifying* problems and calling attention to whatever's wrong with life, lamenting aloud what's not fair, what's hopelessly screwed up about the Marine Corps. But *solving* problems? Assuming *personal responsibility*? Taking charge of a situation and *setting things straight*? Get real! We're not talking lance corporals' business here; we're talking NCO stuff.

Then again, there *are* lance corporals (and more per capita at *this* Barracks than most anywhere else you'll find), who play the game *way* above their paygrade. If an E-4 is just another lance corporal who's been promoted once too often, *these* are the lance corporals among us who haven't been promoted nearly often enough. We all know who they are. They don't settle for the luxury of being thoughtless, cynical, irresponsible, or characteristically one

step ahead of the sheriff. They're the ones who, for some strange reason,

of. And we pay *them* the professional respect and

admiration they deserve. You won't find a computer-generated code for *that* on their Leave and Earnings Statements; it's not there. Professional *respect*, you see, is a different form of compensation. It's not something you've got coming to you. It has nothing whatsoever to do with time in grade, time in service, rank insignia or cutting score. It's all about *performance* and *dependability* and *the content of your character*. You know, more of that "lifer" stuff. Yep, there's a little lance corporal in all of us, and entirely too much lance corporal in some of us. And you want to know something really frightening?

Sometimes I think there's a whole lot of untamed, lance

corporal foolishness still left in me. Yahoooooooooooooooooooo!



2ndLt. Sollis (middle) and friends show the lance corporal in all of us while assigned to 3rd Marine Division, Okinawa, Japan, in 1973. (Photo courtesy of Col. Sollis)

aren't entirely comfortable settling for being "just another lance corporal." They're the Marines we turn to immediately, and without hesitation, when we need something taken care

By
Col. John B. Sollis



Congratulations to 1st Sgt. Michael O. White, Company A, who was recently reenlisted by his wife, CWO-2 Cassandra White, a postal officer at the Military Postal Service Agency in Alexandria, Va. (Photo by Cpl. Matthew H. Gray)

Congratulations to 1stLt. Douglas L. Cody, Co. B, on his selection for the FY95 Funded Law Education Program. He'll be studying at Rutgers.

Don't forget to congratulate the newly promoted Marines of the Barracks. They are:

Co. A

Cpl. John R. Dunlap Jr.
Cpl. Darren M. Fischer
Cpl. David E. Jamieson
Cpl. Emanuel D. Salazarlizarido
Cpl. Eric K. Weeks
LCpl. Christopher R. Sherman

PFC Brian C. Dawson
PFC Kevin D. Rochford

Co. B

Cpl. Jim D. Austin III
Cpl. Ty L. Corbridge
Cpl. David M. Gwisdalla
Cpl. William P. Hustad Jr.
LCpl. James R. Greene
LCpl. Sebastian T. Krynski
LCpl. John A. Matus
LCpl. Corey G. McMillen
LCpl. Terry R. Middleton
LCpl. Dominic D. Pritchard
LCpl. Marshall H. Talley
LCpl. Terione D. Todd
LCpl. Jason S. Walters

H&S Co.

SSgt. Coleman R. Scott
Cpl. Scott M. Ashlaw
Cpl. Melvin T. Gikis
Cpl. Anthony W. Murdock
LCpl. Toney E. Blair
LCpl. Nathan Y. Collins
LCpl. Alfred S. Doucette
LCpl. Dustin M. Kuhn
LCpl. John J. Mithun
LCpl. Bobby W. Newberry
LCpl. Matthew T. Porter
LCpl. Kenneth W. Saylor
LCpl. Patrick R. Smith

D&B Co.

GySgt. Charles Gaither
LCpl. Christopher A. Hansen
LCpl. Matthew W. Jackson

MCI Co.

MSgt. William E. Blair Jr.
MSgt. Toney M. Gates Sr.
MSgt. Barry C. Herneisey
MSgt. Peggy J. Thompson
Cpl. Charles E. Johnson
Cpl. Randall F. A. Mitts
LCpl. Anthony P. Arnone
LCpl. Tyson N. Taber
LCpl. Christopher B. Wheeler

Security Co.

Cpl. Eric T. Brosch
Cpl. Christopher B. Johnson
LCpl. Lawrence N. Hahn Jr.

A number of Barracks Marines have received Good Conduct Medals recently. Among them are:

U. S. Marine Band

MGySgt Wayne W. Webster

MSgt. Richard T. Heffler Jr.
MSgt. Earl T. Hurrey
MSgt. John E. Legg
MSgt. Charles H. Willett
MSgt. William J. Zsembury Jr.
GySgt. Beverly C. Burroughs
GySgt. Susan E. Manus
GySgt. Denna S. Purdie
SSgt. David R. McClellan Jr.
SSgt. John C. Norton
Sgt. Christopher E. Gayle
Sgt. Andrew J. Meyer
Cpl. Anthony J. Consul

Co. A

Sgt. Thomas W. Rollison
Cpl. Carl E. Bergman
Cpl. Christian K. Hanson
Cpl. Emanuel D. Salazar-Lazardo
LCpl. Frank A. Politano Jr.

Co. B

Cpl. Edivaldo N. Anjos Jr.
Cpl. Trent L. Bottin

Cpl. Christopher J. Landry
Cpl. Jarod M. Wittenmyer

Several Marines have been the subject of Meritorious Masts. They are:

Co. A

Cpl. Christian K. Hanson
Cpl. Monty C. Wherry

Congratulations go to U.S. Marine Drum and Bugle Corps, which was recently awarded The USS INTREPID Salute Medal for Musical Excellence.

The unit received the award during the annual Fleet Week military celebration in New York.

CWO-3 Michael Brletich and his wife, **Lesia**, Post Supply Officer, H&S Co., are the proud parents of their fourth son, **Noah Joseph Brletich**, who arrived May 15 at 5:49 p.m. at Fairfax Hospital in Falls Church, Va.

Noah weighed in at seven pounds, seven ounces and was 19 and one-quarter inches tall!

LCpl. Kevin and Julie Andrews, D&B Co., are the proud parents of **Makayla Elizabeth Andrews**, born Apr. 18 at NNMCMC Bethesda. She was 20 and one-half inches long and weighed eight pounds, 11 ounces.

The D&B had another newcomer on May 2 at

6:26 p.m. She is **Joanna Joy Rose**, daughter of **GySgt. Riley and Sandy Rose**, who arrived weighing 10 pounds, four and one-half inches long.

Congratulations and best wishes to **Cpl. Casey A. Caviness**, D&B Co., who married the former **Rita Garner** on May 25 at the Navy Yard Chapel in Washington, D.C.

Make certain you offer a welcome to our newest 8th&I Marines when you see them. They are:

Co.B

SSgt. George L. Earst
Sgt. Jack E. Thomas II

H&S Co.

Capt. Caroline J. Leonard
CWO-2 Joseph C. Boyer
GySgt. Ronald C. Perison Jr.
SSgt. Kelvin Green
Sgt. Michael A. McQueen
Cpl. Paul B. Felix
Cpl. Donald A. Beddige III
LCpl. Kent B. Dawson
LCpl. Chance D. Puma
PFC Angel A. Ortiz
PFC Freddie L. Kendricks Jr.
PFC Davena J. Moore
PFC Terry L. Beckwith Jr.
PFC Christopher A. Kurka
PFC Travis S. Eddy
PFC Todd A. Grenier
PFC Daniel A. Robinson Jr.
PFC Michael A. Knutson
PFC Donald Ivy
PFC Luciano J. Otano Jr.
PFC James O. Webb

D&B Co.

LCpl. Nicole A. Eddy
PFC Ty B. Hope



Mrs. Lesa and Noah Joseph Brletich.

Fine-Tuning Fatherhood

I am glad we have Father's Day each year for at least two reasons. First, I am the son of a fantastic father and his birthday usually falls within a day or so of Father's Day (so I seldom forget his birthday, unlike so many others I do forget). Second, I am a father and I love the surprises my family gives me on this day of the year. I admit, it's nice to feel so honored.

In the book, "Point Man," author Steve Farrar says fathers have three priority missions to accomplish in their family. If he has a daughter he is to be her "protector" and safeguard her until she is on her own. For his son, a father's primary mission is to teach him how to be a man, not just an adult. Above and beyond all other family missions is his responsibility to love and honor his wife.

Parenting is not easy for anyone. Fathers struggle hard to balance all the responsibilities screaming for their attention. It's easy to get sidetracked. The one source that we fathers can count on to continually bring our attention back into focus is our wives. That's why it is extremely important that the husband-wife relationship be satisfying. If you want a strong, happy family, you must constantly fine tune your marriage. Children tend to grow up and move out. That leaves Dad and Mom learning to be a "couple" again, much like

they were before the kids arrived.

Of course you can fine-tune your marriage now. Fine-tuning will make you a better husband *and* a better father. This is what I mean

The Top 10 Signs of a Frazzled Marriage

10. Your most significant conversation in the past week had something to do with pizza toppings.
9. Your partner gives you all the mail addressed to "occupant."
8. You think there's nothing wrong with your marriage.
7. The last time you went on a date, McDonald's had served only 4 trillion hamburgers.
6. You were watching your favorite sitcom and never noticed that your partner left the room.
5. "What was that, dear?"
4. "Flowers? What are those for?"
3. Your Scrabble game night was the most excitement you had in months.
2. You insist that your wife call you "sir."
1. When you see a couple kissing in public, your first word is "*gross*."

by finetuning:

Date your wife. If a couple of weeks have gone by and you and your wife haven't done *anything* together, it's time to get out of the house, even if it's just for pie and coffee at Denny's.

Talk. Make a point of talking every day even if it is just for 10 minutes. If your children are small you won't "find" the time - you'll have to *carve* it out of your schedule.

Relearn walking. I am surprised at the number of couples who tell me how good it is when they rediscover the twilight walk. Take advantage of the longer daylight hours this month.

Solve Problems. If you can tell something is bugging your wife, ask her about it. Slowly draw out her feelings. Ask gently and directly, "Is anything bothering you? I'd like to hear about it."

Remember the three Cs: Communication, Compromise, and Consideration. Compromise is the cornerstone of marriage and every husband/father must learn to give-and-take. Good listening is the key here. This is the advice one father gave his adult son: "Treat your wife with as much courtesy as you would a friend. If you can treat her like a best friend, you'll be fine."

by

LCDR Doyle W. Dunn, USN

From the Mailbox

May 18, 1995

Dear Col. Sollis,

Please accept my personal thanks for your support, as well as that of your Marines, during the receptions and parades held on May 5 and 12. I realize your Guests of Honor on the evening on the 12th were a unique group, but as to be expected, the execution of duties by Barracks personnel was exceptional. Their professionalism and enthusiastic performance made for a memorable evening for all those in attendance.

Again, my greatest appreciation to you and the personnel of Marine Barracks, Eighth and Eye. Once again, our oldest post has proven to be our premier post. My high regards and best wishes for your continued success.

Sincerely,
G. R. Christmas
Lieutenant General, U.S. Marine Corps
Deputy Chief of Staff for Manpower
and Reserve Affairs

April 7, 1995

Dear Col. Sollis,

I wish to express on behalf of my family my heartfelt gratitude for the beautiful tribute to my husband, LtCol. Thomas J. Coyle, USMC (Ret.) at Arlington Cemetery, March 29.

To all of the Marines at 8th and I, our sincere thanks. I know it could not have happened without a great deal of hard work, dedication and commitment on their part.

Their participation helped me to transcend the pain and loss of my husband Tom, and will be for me a living memory that I will cherish always.

Sincerely,
Kathleen M. Coyle
Falls Church, Va.

March 23, 1995

Dear Col. Sollis:

I would like to commend the Marines who conducted the funeral ceremony for Mike Freeman on March 22 in Waldorf, Md. They performed their duty with respect and unfaltering precision that is synonymous with the Marine Corps.

When the funeral procession approached the cemetery, and the Marines standing tall on the hill came into view, I was overcome with emotions and pride that I have not felt for many years. No Marine could receive a more honorable tribute.

Semper Fidelis,
Mike Boring
Sgt., USMC (1972-77)

HARRY WHO by GySgt. E.A. Temple Jr.



"It must be the lance corporal in all of us, Sir."

**DEPARTMENT OF THE NAVY
PUBLIC AFFAIRS OFFICE
MARINE BARRACKS
WASHINGTON, D.C. 20390-5000**